



PRESIDENT'S MESSAGE:

It was wonderful to see records being broken, new PB's by members who competed in the Met West Regional Trials, congratulations to all. It's now time to train smarter and prepare well for the All Schools State Championships in October.

Well done to all the Coaches, Brad, Mick, Ted, Andrew and Theresa (Marty).

The 34th Winter Carnival was a great success and I thank all the officials / volunteers for making this Carnival awesome. Without sponsors the event would not happen and I sincerely thank each and every one for their support as all funds help our athletes to meet their future goals.

The new season events start in October and we have to register on-line. The season runs from 1st October 2015 to 30th September 2016. Registering can be done very soon, affiliation with QA has to be completed first. We will advise ASAP.

Vic

Congratulations!



The Park2Park was a successful event for the Ipswich Hospital Foundation as more than 1600 people competed in the **Park2Park Half Marathon**, **Exact Radiology 10k**, the **USQ Ipswich 5km Run** and the **USQ 5km Walk**.

Our Club supports this amazing event having a food stall on site and a number of runners competing. It was an excellent day for all.

Club members who did well are listed;

Half Marathon	Alastair Stevenson	1.15.23	1 st	(former club chp)
5km Run	Jack Warner	17.52	2 nd	
	Daniel Parnell	18.01	3 rd	
	Tamara Carvolth	18.09	5 th but 1 st female	(former club chp)
	Kelly Mcnamara	21.05	18 th	
	Alica Moffatt	21.09	19 th	
	Emily Beston	22.28	40 th	
	Fred Warner	23.49	60 th	

Committee Notes

Our next Monthly committee meeting is on **Tuesday 22nd September 2015** at 7pm. All welcome.

Just a Thought'

I've learned that....
Sharing painful experiences can lighten the
burden of loss.

Happy August Birthdays

Emily Beston Amazing Grace Raeli Madeleine Trebbin

Brad Duxbury Joshua Carrick Benjamin Peters

Queensland X-Country Championships

Kelly McNamara ran well in the U/18yrs 4km race to finish in 7th position in a time of 16.05.00.

The Championships 1/08/2015 were held in Limestone Park, Ipswich, starting and finishing on Bill Paterson Oval. Almost 300 athletes took part at these championships. Well done to all who competed.

Our club ran a canteen and provided track marshalls.....a big thank you to all of you who help on a great day of X-country.

Cross Country

The **AIC cross country events** was held on **Wednesday 5th August 2015** and the committee wishes to thank everyone who helped at the canteen during the day. It was a very busy day.

Track & Field

All Track and Field events are now scheduled on the **Queensland Athletics website**

www.qldathletics.org.au

QAL now has several events scheduled on their website www.qal.org.au

The Mulgowie Gift is on 5th September 2015.

Club Uniform

The Club uniform ***must*** be worn at all interclub meets, e.g. All comers at St. Lucia and Gold Coast etc. **If the uniform is not worn, no points or performances will be recorded at inter club meets.**

The cost of the uniform is as follows:

Girls Crop Tops	\$50-00
Girls Singlet's	\$37-00
Girls Shorts	\$52-00
Boys Singlet's	\$37-00
Boys Shorts	\$57-00

Old Stock is on sale at \$10-00 apiece. These can be used for training etc.

Answer to the Question

The winner of the **July** question was **Ryan Stewart**

The correct answers were: "Sea plane"

A new question is as follows: How many of each species did Moses take on the ark with him?

The **first** person to reply by email with the correct answer wins a prize.

Email: - vgpascoe1@bigpond.com.au

THE 34th Winter Carnival

The Club appreciates and wishes to thank all the contributors/donations made out to Ipswich & District Athletic Club Inc. All funds raised assist our athletes in their future endeavours.

The Club also thanks the officials / volunteers for their assistance throughout the day

The Carnival turned out to be a wonderful day. The weather was kind to us.

Thanks to **Paul Langton** and his team of the **Ipswich Little Athletics Club** whose photo finish and electric timing was excellent in getting the results quickly to announcer **Graham Bannister**.

The 26th running of the **120m Lightning Gift** was sponsored by the **Ipswich City Council**.

Daniel Mowen (18yrs) from Brisbane was extremely happy out sprinting his rivals **Johnathon Taylor** (17yrs) 2nd and **Nick Jansson** (20yrs) 3rd in the final of the Ipswich 120m Lightning Gift at the Bill Paterson oval on Sunday 30th August 2015.



Nick Jansson, Johnathon Taylor & Daniel Mowen



120m Lightning Gift Finalists

120m Back Markers Consolation Gift sponsored by Geoff Jones Family

Geoff Jones was our first Life Member of the Club, a Club President and a wonderful Coach. Geoff passed away April 2013. It is a magnificent gesture by his wife Berise and family for their ongoing support for this event.

Jordan Render produced a powerful finish in landing the 120m Back Markers with **Daniel Qualischefski** second and third **Shemaiah James**.



Shemaiah James, Jordan Render & Daniel Qualischefski

WOMENS 100m Gift sponsored by **Ipswich Hospital Foundation / Mayoress of Ipswich.**

Nicole Kay of Sunshine Coast won the **Women's 100m Gift final** in an exciting finish from **Kristie Knox** and **Katie Colebourne.**



100m Ladies Gift Finalists

Katie Colebourne, Nicole Kay & Kristie Knox

U/18yrs Boys 70m Dash was sponsored by **Stazer Racing.**

Joseph Metcalfe won from **Daniel Qualischefski** 2nd with **Zane Branco** & **Jason Gough** dead heating for 3rd.



Jason Gough, Joseph Metcalfe, Daniel Qualischefski & Zane Branco

U/18yrs Girls 70m Dash sponsored by **Stazer Racing**.

Connie Murray of Logan won from **Ashlee Stieler** 2nd and **Nicole Kay** 3rd.



Other Winter Carnival events produced 10 new records. This justifies the efforts of athletes to utilize this Carnival as a stepping stone to future endeavours. The results can be viewed at our website www.ipswichathletics.org.au .

Club Training Nights

Training nights on Monday nights 7pm to 9pm.

A water bottle, towel and **appropriate warm clothing** are required for all sessions.

Queensland Athletics Seasonal Fees.

A reminder will be given for the 2015-2016 Membership Options when open.



1st October 2015 – 30th September 2016

****** Please note a Club fee is applicable when joining ******

Met West Track & Field Regional Trials QE11 in Brisbane 25/8/15 - 27/8/15 saw a significant number of club athletes do extremely well. Well done to all those who have qualified for the **State Primary & Secondary School Championships i.e.** 10-12yrs on October 16-17/10/2015 in Townsville and the 13-19yrs on October 22nd – 25th 2015 at QSAC.

The results are as follows for a top 10 finish:

If you have a performance or **PB** I have missed, please advise me 0409 754 884.

Erin Wright	11yrs	Discus	4 th	26.82m	
		Tetrathlon	1 st	1002 Points	
Kiara Condon	11yrs	Discus	9 th	19.89m	
		Long Jump	7 th	3.85m	
		Shot Put	4 th	8.92m	
		High Jump	5 th	1.23m	
Leah Clark	11yrs	100m	5 th	14.47	
		200m	5 th	30.02	
Casey Bell	13yrs	100m	3 rd	13.38	
		High Jump	1 st	1.58m	PB
		Long Jump	1 st	5.02m	
		Triple Jump	1 st	10.78m	PB
		Shot Put	4 th	9.19m	PB
Madison Wells	13yrs	400m	3 rd	1.04.06	
		Triple Jump	4 th	9.45m	
		Discus	2 nd	31.99m	PB
Grace Raeli	13yrs	Shot put	2 nd	9.97m	PB
		Long jump	2 nd	4.47m	
		Triple Jump	6 th	9.33m	
		Discus	1 st	31.99m	
Emily Kitching	13yrs	1500m Walk	3 rd	9.16.20	
Jordan Unwin	13yrs	80m Hurdles	1 st	14.68	
		High Jump	3 rd	1.52m	
Tara Chaplin	14yrs	100m	1 st	13.06	
		200m	1 st	26.64	
		200m Hurdles	6 th	37.09	
		Triple Jump	6 th	9.31m	
Candace Fraser	14yrs	100m	2 nd	13.16	
		200m	8 th	28.74	
		90m Hurdles	4 th	15.92	
		Shot Put	9 th	8.39m	
		Discus	9 th	21.85m	
Ella Milford	14yrs	Long Jump	4 th	4.57m	PB
		High Jump	2 nd	1.47m	
Haley Wright	14yrs	100m	8 th	13.80	
		90m Hurdles	1 st	13.93	PB
		200m Hurdles	2 nd	31.81	PB

Rochelle Vidler	14yrs	Shot Put	2 nd	11.49m	PB and Record
		Discus	1 st	41.29m	
	13-15yrs	Pole Vault	1 st	2.10m	
		Hammer Throw	1 st	53.49m	
Elizabeth Raeli	14yrs	Discus	6 th	26.42m	
Clare Sullivan	14yrs	Shot	6 th	9.03m	
		Discus	2 nd	34.88m	
Indira Rakuita	15yrs	200m	4 th	27.90	
		400m	2 nd	1.03.66	
Kirra Csurhes	15yrs	100m	5 th	13.77	PB
		90m Hurdles	2 nd	14.84	
		200m Hurdles	3 rd	33.64	
		High Jump	3 rd	1.59m	
Tyla Stolberg	15yrs	Javelin	2 nd	31.61m	PB
		Shot Put	2 nd	11.35m	
		Discus	6 th	26.67m	
Ella Taylor	15yrs	1500m	2 nd	5.09.98	
Kelly McNamara	16yrs	1500m	2 nd	5.10.72	
	16-17yrs	2000m Steeple Chase	1 st	7.48.79	
Juaniti Chambers	16yrs	100m	6 th	13.27	PB
		200m	5 th	28.74	PB
Ellenor Raeli	16yrs	Shot Put	3 rd	10.30m	PB
		Discus	1 st	34.38m	
		Javelin	3 rd	28.96m	
Alexis List	17yrs	100m	2 nd	13.45	PB
		100m Hurdles	3 rd	16.40	
		Long Jump	6 th	4.51m	
		Triple Jump	2 nd	9.92m	
		Shot Put	4 th	10.29m	
		Javelin	2 nd	36.33m	
		Discus	6 th	24.77m	
Aeysha Grainzien	16yrs	800m	4 th	2.28.35	
	16-17yrs	1500m	3 rd	5.12.58	
		2000m Steeple Chase	3 rd	8.11.69	
Miriam Peni	16yrs	100m	2 nd	12.53	
		200m	1 st	25.48	
Savinika Wijeyewickrema	16yrs	Shot Put	2 nd	10.92m	PB
		Javelin	2 nd	31.87m	
Emily Beston	17yrs	800m	2 nd	2.24.67	
		1500m	2 nd	5.19.94	
		16-17yrs 2000m Steeple	2 nd	7.55.54	

Tori Langton	17yrs	Shot Put	3 rd	10.32m	
		Discus	1 st	40.27m	
Rickson Aliva	11yrs	100m	3 rd	13.97	
		Long Jump	2 nd	4.23m	
		Shot Put	6 th	10.01m	PB
		Discus	11 th	22.04m	
Joshua Carrick	12yrs	100m	1 st	12.72	PB
		200m	1 st	26.13	PB
Calab law	12yrs	100m	4 th	13.12	
		200m	4 th	27.53	
		Long Jump	7 th	4.37m	
Ryan Stewart	13yrs	Discus	2 nd	32.49m	PB
		1500m Walk	2 nd	8.55.00	
Anthony Bushe	13yrs	200m Hurdles	2 nd	36.48	
Joel Walk	14yrs	100m	5 th	12.34	
		Long Jump	1 st	5.97m	PB
		High Jump	1 st	1.68m	
Benjamin Peters	13-15yrs	2000m Steeple chase	3 rd	7.16.05	PB
Jack Treschman	15yrs	High Jump	2 nd	1.80m	PB
		Long Jump	2 nd	5.78m	
Lorenz Ryan	16yrs	Triple jump	4 th	12.51m	
Nicholas Grant	16yrs	100m	4 th	11.60	
		Long Jump	4 th	5.81m	
		Triple Jump	7 th	11.65m	
Franco Olak	17yrs	800m	3 rd	2.06.65	
Josh Crilly	17yrs	High Jump		1.74m	



Emily Beston & Aeysha Granzien



Tori Langton & Alexis List



Kelly McNamara



Kirra Csurhes



Tara Chaplin



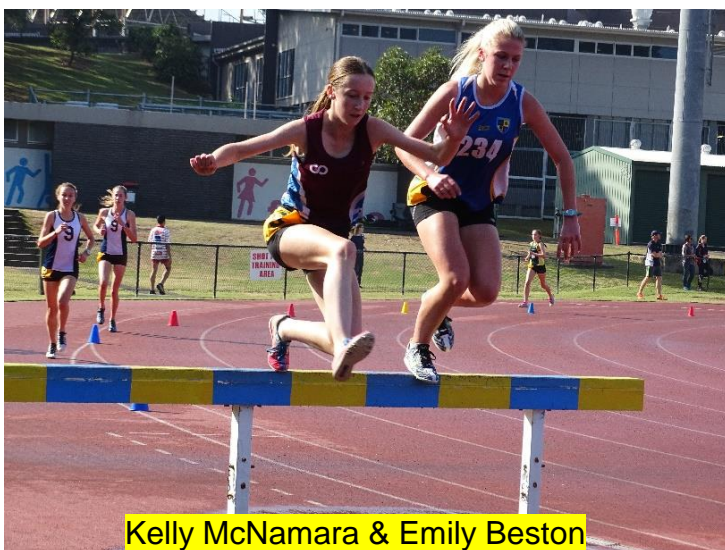
Juanita Chambers



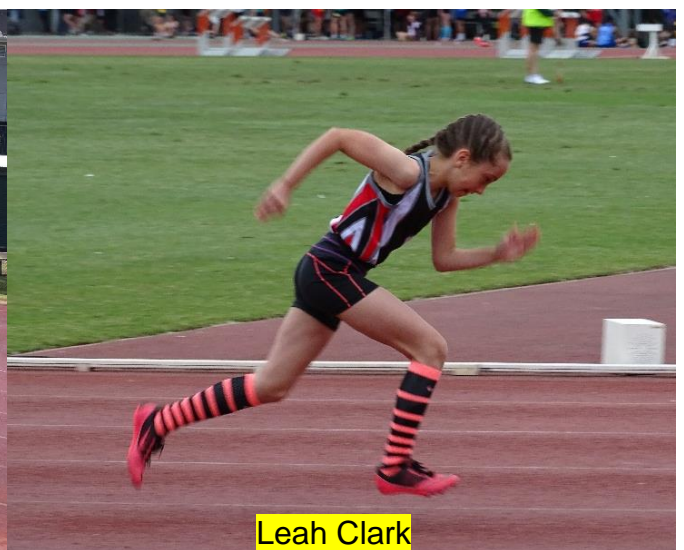
Casey Bell



Madison Wells



Kelly McNamara & Emily Beston



Leah Clark

Some of these athletes must have been tired by the end of the trials going on the number of events they competed in. Congratulations to all. Just a few pictures of those competitors.



Miriam Peni & Indira Rakuita



Jordan Unwin



Rochelle Vidler



Tyla Stolberg



Jack Treschman



Congratulations

Brothers Kindred Club

The committee wants to make all club members and parents be aware that our Club is part of the Brothers Kindred Club. This association encourages juniors in their chosen sports to be acknowledged for their commitment and dedication to their respective sports for a Junior Sports Star monthly award.

The association also likes to encourage juniors for doing their best, helping around the Club and assisting others who may need that little bit of assistance in techniques etc., please advise Vic Pascoe (Club delegate and publicity officer), of any junior you may think needs to be entered for an Junior Sport Star Encouragement monthly award. **Please phone Vic on 0409 754 884.**

Congratulations go to **Kiara Condon** for receiving the Junior Sports Star Award of the month for July 2015.

